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Burke - Red Sulphur Springs - 1860

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RED SULPHUR SPRINGS,
MONROE COUNTY,
VIRGINIA.

WYTHEVILLE:
D. A. ST. CLAIR, PRINTER,
1860.

RED SULPHUR SPRINGS,

MONROE COUNTY,

VIRGINIA.

BY WILLIAM BURKE, M. D.

WYTHEVILLE:
D. A. ST. CLAIR, PRINTER.
1860.

LS 23778, 5



CAUTION.

We would caution all persons (particularly invalids) wishing to visit the Red Sulphur Springs, against AGENTS, RUNNERS AND OTHER INTERESTED PERSONS, who by false representations induced many persons last season to leave the Cars at wrong points, and make long and circuitous journeys by stage over the very worst of mountain roads, often keeping invalids out nearly or quite all night by representing theirs as the only daylight line, and forcing them to travel nearly twice the distance necessary to reach the Springs.

All persons from the South who travel by the Virginia and Tennessee Railroad, or by the Carolina Roads to Petersburg or Richmond, and those from the North via Washington, Alexandria, Charlottesville and Lynchburg, should stop at NEWBERN (now) DUBLIN DEPOT, where they will find coaches to convey them to the Red Sulphur (38 miles) over a very excellent road and the nearest and best route to Greenbrier White Sulphur.

We say again to invalids, as you value your own comfort, don't be misled by any persons, Handbills, Circulars or Cards but stop at DUBLIN DEPOT.

THOS. S. CAMPBELL & CO.

INTRODUCTION.

IT is now thirty years since I first visited the Red Sulphur, as an invalid, and observed its remarkable power over disease in my own person, and those of others similarly afflicted. I visited it annually until 1832, when I purchased and improved the property, and made it my residence until 1842, when it passed out of my hands. I have since visited, and practiced there, several years, and watched its effects on the human system in a variety of diseases, and although I have already given in detail my opinion of its properties and virtues, in my work on the "VIRGINIA SPRINGS," yet, as the issue of that work was limited, and it may not be re-printed, I have thought it a duty I owed to humanity to place in the hands of the present Proprietors, for gratuitous circulation, the following treatise, embodying the joint experience of myself and my son, Thomas J. Burke, whose professional connection with those waters extends over a period of eighteen years. We may, without presumption, claim an acquaintance with the whole subject, which few, if any, now living possess, and as we have no interest direct or indirect, present or prospective, to subserve, nor any personal feeling to bias or influence our opinions, they shall be given with entire candor and directness, without fee, or reward, except the consciousness of having performed a duty. If our own health, or professional engagements, shall require our presence there, we shall act independently of all other considerations, than the welfare of those, who may commit themselves to our charge, and shall neither ask, nor desire any preference or favor over other professional gentlemen.

With these explanations, I ask the attention of the reader to the following brief treatise on a remedial agent as remarkable for its influence over the human organism, as it is unique and unrivalled in its peculiar constitution.

WM. BURKE, M. D.

GLENNVILLE, Barbour Co., Ala.

October 20th, 1859:

ADVERTISEMENT.

In accordance with the suggestion of Dr. Burke, we have determined to keep this establishment open from the 1st of May to the 1st of December, and in order that the benefits of the water may be extended to persons of limited means, we have concluded to divide the intervening time into three periods: The first period will extend from the 1st of May to the 10th of June—six weeks, and the charge will be \$1.25 per day. The second period—the season proper will extend from the 10th of June to the 17th of September fourteen weeks, and the charges will be the same as heretofore. The third period will be from the 17th of September to the 1st of December and the charges will be again reduced to those of the first period.

Rooms with fire-places will be supplied, and every thing done, that can conduce to the health and comfort of invalids. Colored servants will be charged half price. Horses stabled, or pastured, and charged moderately, in either case.

Arrangements will be made to convey passengers, at all times, from and to the Railroad Depot, at Newbern, (now Dublin,) and from and to the White Sulphur and Sweet Springs, without detention or unusual charge.

THOS. S. CAMPBELL & CO.

RED SULPHUR SPRINGS.

These springs are situated in Monroe County, 42 miles from White Sulphur, 39 miles from the Sweet Springs, 17 miles from Salt Sulphur, and 38 miles from the Depot, on the Virginia and Tennessee Railroad, known as Newbern, but recently named *Dublin*.

Passengers arriving here from North, South, East or West, are met by a line of coaches that will convey them, over a fine road, and most picturesque country, to the Springs, all the way by daylight—an important advantage to invalids. The proprietors assure me they will make ample provision to convey travelers without delay, or imposition, and that arrangements shall be made for through tickets from and to all the cities of the Union.

The present proprietors are Thomas S. Campbell, Isaac H. Campbell and Addison Dunlap, under the firm and name of Thomas S. Campbell & Co. This last named gentleman being the active partner, and with the aid of Mr. G. H. Cowles, having entire control of the management. It is but justice to both those gentlemen to say, that they are uniformly kind and accommodating, and that their efforts to please have been eminently successful. I did not hear a single complaint during the season just past, and the universal opinion seemed to be, that the fare and chamber comforts were not surpassed in the mountains.

THE SPRINGS.

The Springs rise in what was formerly the bed of Fitzpatrick's Run, a stream emptying into Indian Creek. It is usually dry in the summer, though discharging a respectable amount of water in winter and spring. The waters rise in two square marble fountains, about ten feet below the surface of the valley, and are reached by circular steps, and surmounted by a graceful circular structure supported by 12 ionic columns. The diameter of this temple is 42 feet, height of columns 25 feet, entablature 5 feet, and the whole height from floor to summit of dome, about 50 feet. The design was by Mr. Strickland of Philadelphia.

THE WATER.

I now come to the most interesting and important particulars connected with my subject, viz: the constitution of the water, its peculiar properties and powers, and its adaptation to various diseases; and although the space, to which I am necessarily limited, precludes the possibility of elaborate detail, I trust that my

account of those matters, though brief, and simple, will be sufficiently perspicuous to be intelligible to all those for whom it is intended.

In the first place, then, I shall give such extracts from the elaborate and reliable analysis of Dr. Hayes, as are necessary to elucidate the chemical composition and affinities of the water. This analysis was made in 1842—and embodied in the first edition of my work on “the Mineral Springs of Virginia.” The distinguished reputation of its author as a Chemist entitles it to universal confidence; indeed, *no sane or sober* man has ever called it into question. Some absurdities, as false as unprincipled, have been attempted to be foisted on public credulity, as facts, but every enlightened man will at once see in them the offspring of wanton malignity.

ANALYSIS

OF THE

Red Sulphur Springs Water, Virginia.

This water is perfectly colourless and transparent; when agitated it has an agreeable, sparkling appearance. Its odor is that of hydro-sulphuric acid mixed with that of earth or clay, the latter being retained after the hydro-sulphuric acid is dissipated or destroyed. In taste it is hepatic and slightly bitter.

By ebullition it does not immediately become turbid, gases escape, and when reduced in volume by evaporation, deposition takes place.

The specific gravity of this water compared with pure water at the same temperature, and pressure equal, is 1.00029.

Subjected to the influence of chemical re-agents, it presents the following characters:

With a solution of chromate of potash, the yellow color becomes greenish yellow.

- “ nitrate of mercury, a grayish brown precipitate is formed.
- “ acetate of lead, the first drops give a brown colored precipitate; an additional quantity, of a yellowish white precipitate.
- “ bisulphate of copper, at first brown, succeeded by a bulky greenish gray precipitate.
- “ a solution of sulphate of silver, a brown succeeded by a yellowish white and flocculent precipitate.
- “ muriate of baryta, a white precipitate insoluble in acids.
- “ oxalate of ammonia, a white precipitate.
- “ nitrate of silver and ammonia, white precipitate, which becomes brown and purple in sun-light.

With nitrate of copper and ammonia, a pale bluish green precipitate is formed; after the first few drops of the re-agent have separated, a brown precipitate.

" tincture of iodine, added to a large bulk of the water, containing starch dissolved in it, instantly gives a blue color to the starch.

Fifty thousand grains (about seven pints) of the water, from which the hydro-sulphuric acid had been removed, afforded by the usual processes 2698 grain measures of gases, or one volume of gases from 18½ volumes of water.

10 parts of the mixed gases are made up of

Carbonic acid gas,	- - - - -	4.19
Nitrogen gas,	- - - - -	4.77
Oxygen gas,	- - - - -	1.04
		—10.00

A well sealed bottle, containing the hydro-sulphuric acid gas in the water, afforded, for 50. parts of water, 3.088 of mixed gases, or one volume of gases from less than 17 volumes of water consisting of

Carbonic acid gas,	- - - - -	1.245
Nitrogen gas,	- - - - -	1.497
Oxygen gas,	- - - - -	.260
Hydro-sulphuric acid gas,	- - - - -	.086
		—3.088

Gaseous contents of a gallon, or 231 cubic inches:

Carbonic acid,	- - - - -	5.750
Nitrogen,	- - - - -	6.916
Oxygen,	- - - - -	1.201
Hydro-sulphuric acid,	- - - - -	0.897
		—14.264

50,000 grains (about 7 pints) of this water afford by evaporation in the air at 200° F., a light yellowish brown matter, which, after it had been carefully dried, weighed 20.56 grains. At the temperature of 240° F., this residue becomes changed, and suffers a loss of weight, being reduced to 17.55 grains.

This residue contains the saline part of the water and is composed of:

Silicious earthy matter, containing traces of oxide of iron and alumina, probably suspended merely,	- -	0.70
Sulphate of soda in a dry state, (which forms with the water 802 grains,) - - - - -	-	3.55
Sulphate of lime, - - - - -	-	0.47
Carbonate of lime, (lime dissolved in carbonic acid,) - -	-	4.50
Carbonate of magnesia, (magnesia dissolved in carbonic acid, and forming the "Fluid magnesia,") -	-	4.13
A peculiar substance, containing sulphur combined with organic matter, - - - - -	-	7.20

20.55

The peculiar *Sulphur Compound*, which forms a part of the saline contents of this water, has never been described, if it has ever before been met with. While in the natural state, and out of contact with atmospheric air, it is dissolved in the water, and forms a permanent solution. Air, acids, and other agents, separate it from the water, in the form of a *jelly*, and alkaline carbonates, alkalies, water, and other agents re-dissolve it. It has no acid action on test fluids, but bears that character with bases, and forms compounds analogous to salts. In its decomposition, ammonia is formed, and hydro-sulphuric acid is liberated; or if heat be employed in the experiment, sulphur is separated. It combines with the oxide of silver, and forms a salt of a reddish purple color, in the form of a flocculent precipitate, which dissolves in pure water; with the oxide of lead, a yellowish white powder, and with the oxide of copper, a pale blue salt in fine powder. In these compounds it remains unaltered, and may be separated from them and transferred to other bases.

Mixed with a small quantity of water, and exposed to the temperature of 80° F., it decomposes, and emits a most offensive odor of putrifying matter, with hydro-sulphuric acid gas. It is to this property that the hydro-sulphuric acid in the water is due, and to the oxidation of a part of this compound most of the sulphuric acid found in the water may be referred.

Chemical Character of the Sulphur Compound.

I. When separated from a solution by evaporation, or by drying from a gelatinous state, it forms greasy films, which do not darken solutions of lead or copper.

II. In pure water they slowly dissolve, and the solution gives salts of the compound, with the bases.

III. Solution of carbonate of soda dissolves them, and a fluid results which froths by agitation.

IV. In caustic solutions of alkalies, the films dissolve and the solutions are slightly yellow colored. These solutions have the peculiar odor of soap-leys. They do not blacken metals, nor color metallic solutions. Acids decompose the solutions, and the sulphur compound separates in the form of a bulky jelly, generally; some oxyacids giving flocks.

V. Nitric acid dissolves the films, and the salts of baryta and lead do not indicate the presence of sulphuric acid. In heating the acid solution, a yellow matter separates, which resembles that produced by acting on azotized bodies by this agent; sulphuric acid is thus produced, and the yellow precipitate requires a large proportion of nitric acid for its complete oxidation. The result of this action is an acid, which gives a deep yellow color, with ammonia in excess.

VI. Chlorine in muriatic acid separates from the sulphur com-

pound some white flakes, which are finally oxydized, and a colorless solution formed, in which sulphuric acid exists.

VII. Alcohol did not dissolve the compound. Chemical experiments do not shew the medicinal properties of the substances operated on. But when a substance, the result of delicately balanced affinities, gives in its decomposition an agent of powerful action on the animal system, we may conclude that it is an active ingredient, if found in a water possessed of high curative powers.

I am disposed, therefore, to consider the sulphur compound in this water as the principal medicinal agent contained in it, although its action in combination with the other constituents may be necessary to produce the effects for which this water is so justly celebrated.

The following results give in one view the composition of this water.

Gaseous contents of a gallon, or 231 cubic inches of the Red Sulphur Springs water:

Carbonic acid,	-	-	-	-	-	5.750
Nitrogen,	-	-	-	-	-	6.916
Oxygen,	-	-	-	-	-	1.201
Hydro-sulphuric acid,	-	-	-	-	-	0.397
						<hr/> 14.264

50,000 grains (nearly seven pints) of this water contain, dissolved as gases (grain measure.)

Carbonic acid,	-	-	-	-	-	1245
Nitrogen,	-	-	-	-	-	1497
Oxygen,	-	-	-	-	-	260
Hydro-sulphuric acid,	-	-	-	-	-	86

Measures of Gases, 3088 grs.

50,000 grains of this water afford, of silicious and

earthy matter,	-	-	-	-	-	0.70
Sulphate of soda,	-	-	-	-	-	3.55
Sulphate of lime,	-	-	-	-	-	0.47
Carbonate of lime,	-	-	-	-	-	4.50
Carbonate of magnesia,	-	-	-	-	-	4.13
Sulphur compound,	-	-	-	-	-	7.50
Carbonic acid,	-	-	-	-	-	2.71
						<hr/> 23.26

Note.—The carbonic acid which is given with the saline matter, being all which the water contains, includes that which is given off as gas by ebullition.

AUGUSTUS A. HAYES,

In his letter accompanying the analysis, Dr. Hayes enters into an elaborate account of the processes by which he obtained his

results, and the opinions founded on those results, from which I extract a few that possess peculiar interest. Speaking of the *Sulphur Compound*, he says:

"It is, so far as I know, new and peculiar, and seems to be an azotized base combined with sulphur, and so combined as to neutralize the distinctive characters of sulphur. The Hydro-sulphuric acid gas (sulphuretted hydrogen) found in the water is produced through the agency of this body; either by its action on the sulphur present, or more probably, the substance itself disengages hydro-sulphuric acid, before reaching the surface of the earth, abstracting oxygen from air already dissolved in the water."

"The almost entire absence of Chlorine, or muriatic acid is a singular fact." "I believe no trace of uncombined sulphur can be found in it, in its fresh state; and when I fermented it, hydro-sulphuric acid was the form it appeared in. I deem this a very important distinction, in a medical point of view, and incline to the opinion, that *all the sulphur in this compound is in a state fitted to be absorbed, in the animal system*, as no other known solution or powder of sulphur is, excepting perhaps hydro-sulphuric acid."

"The chemical history of the Sulphur Compound, shows that, like yeast, it has the power of inducing changes among the constituents of another body, like those it is itself undergoing. Healthy surfaces and tissues may resist its power, and the water in which it is dissolved may not produce any effect or disturbance on a healthy stomach. Waters containing a minute portion of salt called hydriodate of potash, may be used as an ordinary beverage, without any marked action; but diseased organs and impaired vital action allow of marked effects being produced by such waters. Experiments, made on larger quantities of the deposit of the Spring, demonstrate the existence of phosphates in small quantities. The origin of this singular substance, which for past ages has been poured out from the strata, is a question of great interest. The quantity would indicate that the source of supply can only be the organic matter of rocks constituting an extensive formation. Its composition leads me to infer that we are drawing curative effects, as we do articles of beauty and luxury, from an older than the present state of creation."

"In the Red Sulphur Spring, the *red lichen* seems to have found in the Sulphur Compound a congenial soil, for its ramifications extend throughout it. The black mud seems to have changed the Sulphur Compound, combining through it ferrous salts with the Sulphur, and giving oxygen to the other constituents of the Compound. I think you will observe that the marble slabs, pieces of wood, metal, &c., act differently in producing or receiving deposition—sun-light and shade often cause different effects."

Respectfully, yours,

AUGUSTUS A. HAYES.

REMARKS.

Having thus placed before the reader the Analysis and accompanying communication of Dr. Hayes, he will be enabled to draw general conclusions from them as to the adaptation of this very peculiar agent to several diseases of the human system; but there are nice shades of difference that should be observed in the administration of the waters, and an acquaintance with them is the result of experience and an observant and discrimi-

nating judgment. I have here to repeat what I have remarked in my work on the *Virginia Springs*, that many disappointments annually arise either from the patients relying altogether on his own judgment, or (more commonly,) from his listening to the suggestions of interest or ignorance, that assail him on every hand in those mountains. Some think themselves competent to give advice on all points relative to the use of the different waters, and volunteer advice to all who come in their way. Others, with more culpable motive, as partisans of some special establishment, or individual, do not scruple to act as drummers for their favorites, regardless of the consequences to the poor invalid. Characters of this kind are easily detected by persons conversant with the world; but many credulous, unsuspecting persons become their dupes to their own great injury. If these observations are correct, the recollection of them may serve to guard unsuspecting persons against intrigue and imposition. They are not intended to have any special allusion, but are thrown out as the result of a long acquaintance with the motives that impel interested persons either to extravagant laudation or unjust disparagement. In this category may be ranked those who seek to build up the reputation of some new Spring by claiming an identity of properties with those of long established fame. Properties similar to those of the Red are claimed for other Springs in those mountains and even the name is assumed. Now, without intending any disparagement of those waters, I assert that there is, and can be no similitude to the Red, for the geological formations from which they proceed are essentially different, and their constitution equally so. That they have merit I do not dispute, but that their virtues are analogous to those of the Red Sulphur, or that they may be substituted for it, in the same class of diseases, *is not, and cannot be established*. There need be no controversy on this subject. Let the advocates of such a claim prove by Analysis an *identity* of composition, and then, and not until then, can the claim be acknowledged. There is but one other water on the earth, as yet known, that can claim virtues similar to that of the Red Sulphur, and this is the water of *Bonnes and Canterets*, in the Pyrenees.

If the reader will now follow me through the details necessary to illustrate the peculiar virtues of the Red Sulphur water, I trust he will in the end be compensated, for if he be a physician he will be pleased to find that nature in her bounty has provided an agent of so well established efficacy, and if a patient, he will look with hope to those healing waters and after that hope is realized, he will turn with thanksgiving to that Providence, that has caused them to flow from the bosom of earth for the relief of suffering humanity.

I beg leave now to direct the attention of the reader to the Sulphur Compound in which Dr. Hayes believes the peculiar

virtues of the water mainly consist, and the account of which has been given in the preceeding pages. The introduction of this bland substance, in a fluid state, into the system must exert a great influence on the circulation, and consequently on the mucous surfaces that are in a morbid condition; and when we consider that the greater portion of the fluids taken into the stomach is directly conveyed into the circulation by the absorbents, we can at once perceive that the great hygeinic power of this water is dependent on the characteristics enumerated, all of which, combined, act as a singular alternative, in equalizing an excited circulation, in correcting the highly acrid and vitiated secretions of an irritated mucous membrane, by modifying the fluid that supplies the matter for that secretion; and that by sending to the heart and lungs, also, a modified supply of blood, it calms those organs, by producing in the latter a condition favorable to the proper performance of the function of oxygenation, and by soothing the irritation of the former, causing it to send forth its stream with a milder impetus, and, moreover, by diffusing more equally the capillary circulation, and in return obtaining not only a more moderate but a more healthy supply. Having thus endeavored briefly to account for the peculiarly sedative action of the water, I will now enumerate the diseases in which it has been found most available, and then sustain its claim to confidence, by evidence that cannot be questioned. Those diseases are: *Chronic Phthisis, Chronic Laryngitis, Chronic Bronchitis, Hæmoptysis, Functional disease of the heart, Hypertrophy of the heart, Mucous Diarrhœa, Nervous Irritability, Irritation of the Kidneys and Bladder, Lithic Acid Gravel, Chronic Hepatitis, Amenorrhœa, Dysmenorrhœa, Menorrhagia, Chronic Dysentery, Hæmorrhoids, Scrofula, Chronic Eruptions of the Skin.*

PHTHISIS.

This disease as being the most formidable and destructive enemy of man first claims our attention. When it is acute and rapid in its progress, running a course of a few months, it is wholly unmanageable, and the system falls prostrate before it. I beg the reader to bear in mind this distinction, and should he, under such circumstances, make the trial and fail, not to charge me with over-rating the power of the water, and encouraging a delusive hope. I say now, in the outset, that the Red Sulphur is incapable of staying the destroyer in such a case. But if the

attack is disposed to assume a chronic form, the deposition and development of tubercles being moderate and slow, and the constitution *wrestling* with the disease, then I say that this agent comes to the rescue, and in many cases triumphantly vindicates its power, either by effecting a *cure*, or by placing the system in such a condition as to protract life, and insure reasonable comfort for many years. This statement will now be sustained by the subjoined evidence to which the attention of the reader is especially invited.

The following letter was from the venerable and distinguished Dr. Scott of Lexington, Ky.

DEAR SIR:—I arrived at the Red Sulphur on the 23rd or 24th of last month, with but little *faith* in the efficiency of the waters, yet was determined to give them a fair trial, divesting myself, as much as possible, of preconceived opinions and impressions, derived from many reports for and against their medicinal qualities. First and second days, they operated profusely as a diuretic; third day, very delightfully also on my skin as a diaphoretic, preserving my bowels in a healthy state; on the 5th day, had copious bilious evacuations, as much as I ever experienced from an active *portion* of calomel.

At the commencement and for three months previous, my pulse had been not less than 100 and 110 distinct pulsations in a minute, that is 100 in the morning, and 110 in the afternoon and evening, attended with occasional cough and hemorrhage from the lungs. Using the Red Sulphur waters, my pulse was gradually lessened in strength and quickness, on the third day, to 70 beats in the morning, and 80, and 84 in the evening, at which it continued regularly, without variation of a single pulsation, during the five more days I remained with you. I used the waters eight successive days only, and I do assure you, sir, that my health has not been at any time in the last two years so perfectly good and free from all uncomfortable feelings.

My statements cannot be of any advantage amongst strangers to me, but I humbly hope they will be relied on by my friends and acquaintances in the *West*, and North-west, where I have been known extensively as a *practitioner of medicine* for near forty years.

I am, dear sir, very respectfully yours,

JOSEPH SCOTT.

The following is an abridged statement of Dr. Henry Hunt of Washington who wrote a pamphlet on the Red Sulphur waters, in 1838.

"In March 1837, I was attacked with a slight hemorrhage from the lungs, attended with other symptoms, indicating a diseased state of those important organs. For a time I neglected to resort to medical treatment, and continued to pursue my professional labors until warned by my failing strength that the disease was gaining ground. By application of the usual remedies, the violence of the symptoms was soon subdued, and in a short time I felt myself sufficiently restored to resume my usual labors; but with the exercise my wonted strength did not return; the cough continued, with occasional pain in the chest. These symptoms after a time, were attended with increased cough, copious morbid expectoration, hectic chills, fever, and night sweats; my weight was reduced from 135 to 115 pounds. Such was my condition when, about the middle of July, I left home for the Red Sulphur Spring in Virginia. On the evening of my arrival at the Spring I commenced the use of the water. The next day, during a violent paroxysm of coughing, a coagulum of blood was discharged from the lungs, which was followed by considerable hemorrhage. After this the cough became less troublesome, but the evening exacerbations of fever and the night sweats con-

tinued, my pulse beating 115 strokes to the minute. The water acted freely on the bowels, and particularly on the secretions of the liver. In ten days the abdominal viscera were entirely relieved, the pulse reduced to 78, and the fever and night sweats had ceased. The water acted very gently on the bowels and skin, but most powerfully as a diuretic. After a residence of three weeks at the Spring, and the constant use of the water during that time, to the manifest alleviation of the most pressing symptoms of my complaint, I was unexpectedly called home, in consequence of the illness of a member of my family."

"In a letter dated some years ago, at this Spring, from the late F. W. Gilmer, Esq., Professor of Law, in the University of Virginia," he says: "These waters are superior to all others. In a few hours they allayed my cough so as to take away all that was unpleasant in it. They diffuse a sense of coolness, freshness, and new life over the whole system. They abate the pulse most rapidly, remove fever, lubricate and soften whatever is hard and dry, make one sleep as though he had taken an anodyne, are the safest of all waters, and, indeed, have no ill quality."

"The late venerable Dr. R. Bradford of Virginia, who practiced medicine for many years at the Red Sulphur, in a communication on the subject of the water, remarks: The effect of this water in reducing the frequency of the pulse, is one of the numerous, singular, and powerful properties belonging to it. It lessens arterial action to such a degree, that it seldom fails to remove fever, difficulty of breathing, and pain in the chest. When the patient is restricted to a proper regimen, this water may be taken with greater advantage in pulmonary cases than any other remedy I have ever seen employed for that purpose. It is also an important remedy in enlarged liver and spleen, and in diseases of the mucous membrane generally."

The Rev. W. M. Green of Hillsboro', North Carolina (now Episcopal Bishop of Mississippi,) makes the following communication, dated October 15th, 1837: "Having heard much of the efficacy of the Red Sulphur water, I determined to try it. Accordingly, leaving home early in July, I reached that place about the 10th, confining myself closely to the use of the water, and of the Sulphur shower bath for nine weeks. I had not been at the Springs more than two days before I began to experience a favorable influence on my system generally, as well as an amelioration of some of the principal symptoms of my complaint. My pulse soon felt the wonder working power of that mysterious, tempest-stilling agent, which resides in those waters. Arterial action was greatly reduced, the nervous system composed, the cough brought down to a mere fractional part of its former proportions, digestion improved, sleep restored, urine rendered colorless, the stricture across the breast less oppressive, night sweats lessened; in a word, every painful and dangerous feature of the disease was moderated, and time allowed to shake off the enemy."

"The two most striking effects produced by the use of this water were, the evident reduction of arterial action, at the same time that the general system was recovering its tone, and the total extinguishment of that burning thirst, which had been tormenting me for more than twelve months."

"As to the effect on my pulse, although it was decidedly marked and beneficial, yet there were other cases, coming under my own observation, of still more striking character. One I distinctly remember, that of a Mr. Boal, a young Irishman, residing in Lynchburg, Va. He came to the Spring by the advice of his physicians, who saw in him the well known symptoms of pulmonary disease. On his arrival, the average stroke of his pulse was from 110 to 120 in a minute. In three days, without the aid of any other means than a free use of the water, it was reduced to the healthful beat of 65 strokes in a minute. The case of Mrs. B****, of Raleigh, is no less remarkable; such was the effect of the water on her arterial system, that a single glass was known to reduce the pulse 10 beats in a minute."

The next season I sought the mountains again, finding my pulmonary symptoms removed. A third visit, two years after the second, served to remove every unpleasant symptom and put the blessing of health once more in my reach. At this moment, the only remnant of my disease, which all my friends, and nearly

all my physicians, pronounced phthisis pulmonalis, is an appetite which often needs the bridle of just moderation."

"To Him who preserved me be all honor and praise."

The above certificate is now of double interest, since the result proves that the relief was not temporary—the Right Reverend gentleman continuing to this day, after the lapse of a quarter of a century, a living example of the efficacy of those waters.

Mr. James Boal of Lynchburg, who lost two brothers by pulmonary consumption, in a communication, dated August 5th, 1837, states: "About the 1st July, 1828, I visited the Red Sulphur Spring. My pulse on my arrival (when free from excitement) was about 120 pulsations, in a minute. Commenced drinking the water and in one week my pulse was reduced to 65 strokes in a minute, with an improvement in my strength and feelings generally. Supposing my cure effected, I omitted the use of the water for a few days, and found my pulse increasing in frequency. I again used it three weeks longer, when my pulse was reduced to its former standard of 65 strokes in a minute.

I visited the Red Sulphur in the summer of 1829, and had my general health so completely restored, that I am now here, in August 1837, on a visit to my old friend and benefactor, in perfect health."

The following communication is from Chief Justice Taney of the Supreme Court, United States, dated Baltimore, January 8th, 1838:

"The information you have received as to the benefit derived from the Red Sulphur Spring by Mrs. Taney and myself is correct. We spent six weeks or more there, in the summer of 1835, and both of us were in bad health when we went there. The journey, however, was taken on Mrs. Taney's account, and by the advice of Dr. Potter and Dr. Buckler. Her health had been failing for several years, and her lungs supposed to be seriously threatened. She complained of a pain in the breast, coughed a good deal, and had an excited and quick pulse. The alarming symptoms were entirely removed by her visit to the Red Sulphur, and she has since enjoyed her ordinary health. It is proper, perhaps, to remark, that although Mrs. Taney felt in some degree the benefit of the water while she remained at the Spring, yet we were not sensible of the extent of the improvement until some time after our return home. Both of us have since had much better health than we had known for years before, and we both have great confidence in the efficacy of those waters."

The following certificates are of recent date, and were handed to the writer, during the last season. They will be found worthy of perusal.

CERTIFICATE OF REV. J. M. WOOD, GEORGIA.

About the year 1853 I became affected with what is called Minister's Sore Throat, and often became hoarse from public speaking. The difficulty gradually grew worse for three years. The 25th of December, 1855, I contracted cold which settled upon my lungs and produced violent coughing. I threw off, from the lungs, much *phlegm* of bad appearance which, by the 15th January, 1856, was stained with blood particularly of mornings. The cough and expectorations increased and I was thought to be consumptive. Ordinary remedies seemed rather to aggravate the cough. Towards the last of February or first of March, I had two *profuse hemorrhages* of the lungs and two physicians who attended me, regarded my condition decidedly critical. During the spring my cough continued and I seemed to have the symptoms of a confirmed consumptive, having withal occasional hemorrhages. While suffering thus I learned from the Rev. Mr. Shep-
person, who had once visited the Red Sulphur Spring for a similar disease and

who had been much benefitted, that the water of said Spring was celebrated for relieving lung diseases. In July I visited the Red Sulphur and remained nearly two months. The water had a fine effect upon me from the time I commenced its use until I left. It reduced my pulse, quieted my system and promoted digestion. Since the first four weeks of its use I have had no cough nor hemorrhage, up to the present date. During the past three years I have performed much ministerial labor and have preached as much as most ministers.

I will say also that I have conversed with many persons who told me that they had been much improved in health by the use of the Red Sulphur water and some who were entirely cured, I would, in this way, perpetuate my thanks to the Proprietors and to Mr. Cowles, the *guest entertainer* for their kind attentions; and would record this *testimony* with the honest belief that the *Red Sulphur water is the best known remedy for lung and throat* affections and with profound gratitude to Him "who tempers the wind to the shorn lamb" and who prepares and sanctifies the remedies for the afflicted.

J. M. WOOD.

CEDAR TOWN, GA., August 17th, 1859.

RED SULPHUR SPRINGS, Monroe County, Va., }
Sept. 10th, 1859.

Dr. William Burke,

DEAR SIR:—In answer to your enquiries I would say that I first visited the Red Sulphur Springs in the summer of 1853 for Chronic Bronchitis was suffering from cough, pain in the side and chest, debility and sleeplessness. In less than a week could sleep all night besides falling asleep several times a day in my chair. I stayed here seven weeks improved greatly and continued to gain flesh and strength until the next winter when a severe cold brought on all the symptoms of consumption, I again visited the Springs in May, 1854, and remained until October. I gained 25 pounds of flesh and was entirely free from cough and expectoration, and my friends thought me entirely well. But the following February I again took on all the symptoms of confirmed consumption. I had a severe cough, pain in the side and chest, throat very sore, had fevers and night sweats. Lost 20 pounds flesh in twenty days and became so weak I could hardly ascend one flight of stairs continued to get gradually worse until my arrival here the 3rd of July, 1855, I was so much worse than I had ever been before that I was very doubtful whether the water could help me again. But I commenced improving slowly soon after I arrived and have continued to get better up to the present time and my health has been better the last twelve months than it had been for fifteen years previous. I took up my residence here in 1855 (because I could not have any health any where else) and have drank the water at all seasons of the year and always with good effect I now feel that I am entirely restored.

Very respectfully yours,

G. H. COWLES.

KING AND QUEEN COUNTY, Va., Aug. 23rd, 1859.

DEAR SIR:—I take pleasure in furnishing the results of my experience in visiting the Red Sulphur Springs, as well as my observation of its effects upon others. My first visit was made in 1850, I was then suffering with a disease possessing all the symptoms of Pulmonary Consumption, and was so pronounced by eminent Physicians, whose aid I had sought.

My improvement on that occasion, during my sojourn at the Springs, was inconsiderable, but after my return home it increased, and soon became marked, and decided. I spent the following winter and spring in a southern climate, and returned home in good health. These agents, together with a free use of Cod Liver Oil, brought about a recovery, regarded in the whole circle of my acquaintance, as miraculous. In the winter of 1853, I was again attacked with cold, accompanied with violent cough, which settled upon my lungs, and gave evidences of a serious character. This was soon accompanied by symptoms, similar to those experienced upon the first mentioned occasion, with the consequent loss of

flesh, and strength, which always characterizes pulmonary disease. I again repaired to the Red Sulphur Springs, spent about five weeks, and returned home in improved, and improving health; was soon able to resume my business, which at the time, was of an active character, and by the close of the fall, possessed the blessing of ordinary health. From this period to January, 1857, I enjoyed an immunity from lung disease, and with the exception of a nervous affection, from which I occasionally suffered, possessed a fair share of health, and attended actively to the business concerns of life. At the period alluded to, I was again taken sick with cold, and cough more violent than ever, and have been in delicate, and precarious health since—suffering from a variety of diseases, of which my cough has been chief, and during a great part of the time most distressing. In the summers of '57 and '58, I was too sick to reach my favorite resort, the Red Sulphur Springs, I started in the first named year, but was unable to get farther than Christiansburg, where I remained several months, confined to my bed. This summer I have again visited that Spring, and have received material benefit. During the first two weeks of my stay there, my improvement was slight, after that, it increased, and at the time I left, was marked. I gained flesh and strength, had an abatement of cough, and above all experienced a decided improvement in my general feelings—indeed, my improvement *every way* was such, as to tempt me to hope, if not to believe, that I had laid the foundation for entire recovery from diseases (of which as before stated, those of the lungs have been most formidable,) which in duration and intensity, it has fallen to the lot of but few of the human race to undergo, and live. My observation of the effects of this water upon others, leads me to speak most favorably of its healing qualities. Marked cases of decided improvement have presented themselves on each occasion of my visits there—and while I have witnessed none of those cases so wonderful, as to be deemed miraculous, testified to by others, still I have seen enough, and partaken of enough, to enable me to state as an honest man, and a lover of humanity, that *there is virtue in the waters*. It is impossible there can be a mistake about this matter—and I honestly, and truly believe, that those suffering with that most formidable of all diseases “that flesh is heir to,” Consumption, may repair to the Red Sulphur Springs with strong hopes of relief, perhaps of recovery. I will also add my testimony to the good fare, and kind attentions bestowed upon visitors by the Proprietors. Invalids may feel assured (so far as my experience goes,) of receiving as much attention, and being made as comfortable as it is possible to be away from home—*much more* so than at most watering places. If this brief explanation of the results of my visits to the Red Sulphur, can in any way promote the success of the Spring, or be the means of giving relief, in however small a degree, to suffering humanity, I shall be more than gratified. Wishing you health and happiness, I remain

Yours truly, &c.,

R. M. DAVIS.

To DR. BURKE, Red Sulphur Springs, Va.

RED SULPHUR SPRINGS, VA.

Major Campbell,

DEAR SIR:—I came to these Springs in July, 1838, for the first time, with a severe cough of several years standing, tightness about the chest, with hemorrhages occasionally for ten years previous, and with general debility, so much so, that I travelled only 20 or 25 miles per day. After remaining here three weeks I returned home greatly improved, nearly clear of cough, and strong enough to travel on horseback 40 miles a day, and continued to improve up to the next spring, but not entirely relieved. The next year I returned, and made a stay of three weeks, went home clear of cough, and in better health than I had been for 12 years. I then visited these waters up to '46 with the exception of '40, not that I considered it necessary to use the waters to relieve any of the foregoing symptoms, but to strengthen my shattered constitution and to visit them as an old friend. Being at the Sweet, this season, and having taken cold in June

last, I concluded to visit this place, and spend a week to assist in relieving me of difficulty of breathing, and cough, I am pleased to say I think I have been very much benefitted, and have no hesitation in recommending these waters to persons with weak or diseased lungs and general debility.

Yours respectfully,

W. A. CLAIBORNE.

Rocky Mount, Va., Aug. 16th, 1859.

RED SULPHUR SPRINGS, Aug. 8th, 1859.

Dr. William Burke,

DEAR SIR:—In answer to your inquiry respecting the effect of the Red Sulphur water on my health—it would be easy for me to fill a sheet with particulars, which, though interesting to me and to my friends, might not be so to others. Permit me then simply to say—that having had a severe attack of hemorrhage in the spring of 1856, and subsequently of all the symptoms of immediate decline with consumption—through the kindness of a brother at the Springs, I received a box of the water, carefully bottled and sealed, at my house in October of the same year. That in consequence of this water *alone*—for I took no other medicine—I was so far recovered, as to resume the duties of my profession, in part during the winter—and entirely in the spring. That by the use of the water, my health continued to improve, until I took a violent influenza cold in December, 1858, which immediately lighted again all the fires of my former disease. That after stimulating these fires by an effort to discharge the duties of my profession, till not only throat and lungs were sadly diseased, but my nervous system was prostrated. By the aid of friends, I arrived at the Springs about the middle of May last. That after a stay of about three months, and the constant use of the water, though I cannot say I am entirely cured—for my case was complicated and difficult. I *can* say that my voice is nearly restored to its original clearness and compass—my throat, lungs, respiration are all greatly improved, as are also my strength and nerves. So that at this rate of recovery, if it were possible to spend a few months more at the Springs, an entire cure would seem at least to be very probable.

I am forced then to the conclusion that these waters were alone instrumental in 1856, of *saving my life*, and *that too when sent to me at my house*. That whatever vigor and ability I have had for labor the last three years, have been chiefly owing to their healing power, and that their influence fresh from the fountain, has again inspired the hope—till lately almost abandoned, of renewed life and health. And my fervent desire is that this *best*—if not *only* remedy for the most universal and fatal disease of our country, may be made speedily available to every one suffering from its ravages.

I remain yours, &c.,

ORSON COWLES,

Dist. Sec. of Am. Board Com. for Foreign Missions.

Note.—I had the pleasure of meeting the writer of the above certificate, at the Red Sulphur, last season, and having frequent intercourse with him for about two months; his case was one of undoubted tubercular disease, and an admirable test of the power of the waters. His brother too—Mr. G. H. Cowles is another extraordinary example of its singular effects on the human system. This gentleman, whose certificate is given, is the well-known and popular manager, at the Spring, who has now lived there several years, because, as he emphatically declares, he "*could not have any health any where else.*"

W. B.

SAVANNAH, GEORGIA, Jan. 20th, 1859.

To the Proprietors of the Red Sulphur Springs,

GENTLEMEN:—I have been cured by the Red Sulphur water, and I am much disposed to give to you, and through you to the world, a brief history of my disease, and the effects of the water upon me.

While cruising on the west coast of Africa in 1857, my general health gave way, and I returned to the United States in June of that year prostrated with Chronic Bronchitis and some Chronic Pneumonia, strongly tending towards Consumption. My health greatly improved during that summer, but grew worse again the following winter, I had tried and continued to use the best remedies known to my profession, but rapidly declined during the whole of last summer, and started for the Red Sulphur late in August, here I remained until the 20th of October. When I arrived at the Red Sulphur, I had fever, night sweats, cough with copious expectoration, was feeble and emaciated, with frequent respiration; a pulse from about 78 in the morning to 96 in the evening, and pains through the chest.

Before using the water I resorted to medical treatment for several days, in order to calm down my fever and excitement, and to start the secretions. The water acted upon me most happily from the beginning. I felt the good effects of the first glass. My symptoms rapidly disappeared, the fever never returned, nor the night sweats, after the first night, the cough rapidly diminished, and the expectoration not only lessened in quantity, but immediately changed in character. My appetite and digestion strengthened and improved, restless sleep became sweet and refreshing, the pains in the chest disappeared, I gained 16 pounds in weight, and, above all, my pulse was reduced twenty beats in the minute.

On leaving most of the Sulphur Springs visitors should especially guard against taking cold for a week or two. I neglected this, during a trip to the North the last of October, and caught cold, but this soon disappeared, leaving no ill effects. I came to a Southern climate in November to ensure the restoration of health, and I am now well. Yes in the enjoyment of real, perfect health.

The lateness of my arrival at the Springs prevented my observing the effects of the water upon others, and I only speak of my own case.

The weather during my sojourn was cool, dry and bracing, and eminently suited to using the water, as proven in my own case.

I am very respectfully, &c.,

S. RICHARD SWANN,
United States Navy.

Dr. Swann, the writer of the preceding certificate, Assistant Surgeon in the United States Navy, again visited Red Sulphur last season, and practiced medicine. There I had the pleasure of his acquaintance, and witnessed the improvement of his health. His statement, however strong, is entitled to confidence, and as he is a young man, it is to be hoped his constitution will entirely recover from the shock it had received, from an African climate. Having now adduced testimony to the value of the Red Sulphur water, that ought to convince every candid mind, it may not be amiss to add some remarks on the several diseases to the relief of which it has been found applicable. In *Phthisis*, I have already observed, that it is unsuited to the *rapid* form, and to a state of active inflammation. It is from this cause that there are failures and sad disappointments. There are evils as well as advantages attending the present improvement in the science of exploration of the thoracic organs.

Every tyro, now, thinks himself competent to pronounce on the existence or non-existence of disease in those organs, and affects the ability to discriminate between phthisis, and laryngitis, and bronchitis, and to understand their extent and complications, whereas it requires much practice and patient examination to attain that degree of *tact*, that enables the physician to elicit the knowledge that auscultation and percussion undoubtedly afford. It is not, therefore, every one, who puts his ear to your chest, or taps you with his fingers, that can discriminate between the various conditions of the chest, and the stages of disease, and having erred in his *diagnosis*, he is apt also to err in his treatment. There are two stages of *chronic* tubercular disease, in which the Red Sulphur water gives prompt and decided relief. One is when the deposition of tuberculous matter is gradual and the development slow, accompanied by occasional hemorrhages. In such cases the water seems to arrest the deposition, to restore the equilibrium of the circulation, to control the night-sweats, at the same time increasing flesh, and imparting tone and energy to the system. The second form is that, in which the softening of the tubercles, and the inflammation of the contiguous tissues have resulted in purulent expectoration. The question here to be decided by the family physician is, whether the condition of his patient is such, as to admit of a fair probability, that he will be able to return to his home in the event of a failure. I have seen persons die in a few hours after they reached the Spring. Now, I think it no less cruel than useless to send such persons away from the comforts of home. If diarrhœa alternates with the expectoration and cough, in passing through the limestone regions, the bowels frequently give way, and death ensues on the journey. But if the constitution *resists*, even though the expectoration be copious, the patient may, and often *does* escape in comparative comfort, notwithstanding the great loss of substance from the affected organ. In the conducting of such cases to a favorable result, the advice of a judicious physician is often of great importance, for a false step, taken in the beginning, not unfrequently ruins the patient's prospects. There is another period at which this water is of great importance—it is that of *predisposition*. Parents having delicate children, of either sex approaching puberty, would do well to send them to these waters by way of prevention. It will improve the quality of the blood, equalize its circulation and give firmness to the tissues.

LARYNGITIS AND BRONCHITIS.

In the chronic form of these diseases, the Red Sulphur is almost a specific. Its effects on the mucous surfaces is decided, after the *acute* stage has passed away; for, be it under-

stood in these cases, as well as in those of phthisis, that a state of congestion or active inflammation must be subdued, before this water can be used with advantage. This is to be done, if necessary, by local depletion, but caution and judgment are essential to a proper discrimination.

DISEASES OF THE HEART.

There are cases of functional derangement of the heart dependent on indigestion, nervous irritability, and indeed, various pathological conditions, for the relief of which it is only necessary to remove the cause. In those dependent, especially, on nervous irritability, the Red Sulphur is very efficacious. It is sometimes wonderful how speedily it calms excitement, regulates arterial action, induces sleep, and imparts cheerfulness and buoyancy to the spirits. In slight valvular disease even of an organic character, it acts favorably, by equalizing the circulation through the capillaries. In *Hypertrophy*, its action may readily be conceived to be salutary, when we find it reducing the frequency of the pulse 30 to 40 beats in a minute.

CHRONIC DIARRHŒA.

I have never yet met with any agent, more reliable, in this obstinate disease, than the Red Sulphur water when judiciously prescribed and aided by suitable diet. For three or four days in the commencement, it will seem to aggravate the disease, but this action soon changes, and the process of renovation commences.

CHRONIC HEPATITIS.

In this condition of the liver, frequently to be met with as the sequel of Miasmatic disease, in warm climates the Red Sulphur water is valuable, perhaps more so than the more active Sulphur waters, while in torpor of the liver these are to be preferred.

NERVOUS IRRITABILITY.

If there be any class of patients more than another entitled to our sympathy, it is this. Whether the result of indigestion, general debility, mental suffering, or physical abuses, the subject of it becomes restless, sleepless, peevish, despondent, nay, life often seems a burden. To persons thus affected I would recommend a visit to the Red Sulphur.

IRRITATION OF THE URINARY ORGANS.

Nephritis, when of a subacute form, and the effect of lithic acid in excess, is successfully treated with this water, when

properly prescribed. It is one of the best and safest of all diuretics, nay, it is to its effect on the kidneys, that much of its efficacy in other diseases is to be attributed.

SPLENITIS.

The remarks on Hepatitis are applicable to this.

SCROFULA AND CUTANEOUS EXANTHEMATA.

The Sulphur waters, generally, have a just reputation in the relief of Scrofula, and in cutaneous eruptions are more reliable than any other class of mineral waters. I have seen many marked cases of cure by the Red Sulphur in the course of my experience of it, both in herpetic eruptions, and in the strumous diathesis and this is no more than may be expected, if we admit its power over diseases of the lungs and mucous surfaces.

FEMALE DISEASES.

I come now to a class of diseases, which, from causes I will not stop to discuss, and which, alas! are more easily recognised than arrested, by the medical adviser, are steadily increasing in frequency, and severity. If things go on for the next 25 years, as they have for the last, a healthy, vigorous constitution and a consequently cheerful and buoyant spirit in our women, will be rather the exception than the rule. The advance of medical science, in this direction, has fortunately been very great, and we are no longer obliged to treat those cases empirically. Means of *diagnosis* are within our reach, which it were criminal to neglect, and with which no intelligent and conscientious physician will dispense. When he has ascertained the seat and cause of the disease, the treatment will be obvious enough. I will merely suggest to him, that if the case of his patient is accompanied by *Anemia*, *Chlorosis*, nervous irritability, general debility, suppressed, painful or inordinate secretions, she will find the Red Sulphur water a remedy of the greatest importance; but if the patients condition (of more rare occurrence,) be one of plethora, or apoplectic tendency, then this water is unsuited to the case.

I have now gone through the catalogue of diseases, to the relief of which I think the Red Sulphur water especially applicable. I am sensible how imperfect is the review, and yet I flatter myself with a hope that it may prove useful to many an invalid, who without some reliable guide may be groping his way in darkness, or even worse, may become the dupe of knaves and *drummers*.

CURIOSITIES AND SCENERY.

The route by stage from Newbern (now Dublin) station, to the Red, is uncommonly picturesque, for a great part of the way. The views from *Cloyd's* mountain, Salt Pond mountain, and the great range of *Peter's* mountain in the distance, and *Angel's Rest* and the village of Pearisburg nestled near its base and the beautiful Kanawha, (here called New River,) winding its quiet way, forming as it were, a succession of lakes embosomed in mountains, and affording ever varying objects of admiration, and then, most beautiful of all, the views at the crossing of the river in the batteaux, these, to the lover of nature, are well worth a day's travel. But these, varied and beautiful as they are, yield in grandeur to the view from the house of Mrs. Fowler, at the mouth of Indian Creek; five miles from the Red Sulphur. Indeed, the Kanawha, from its source to the *Salines*, is a never ending *kaleidoscope* of nature.

The curiosity that attracts most attention at the Spring is what may properly be called *Nature's gas works*. About half a mile above the Spring, on the verge of the *Run*, and under a slate-stone ledge, there issue several jets of gas, which, when touched with a match, burn with a brilliant light. The Proprietors have not yet turned it to account, but the day is not far distant when the valley of Red Sulphur, will be as fairy-land—lighted up by this bountiful provision of nature.

At Centreville, half way between the Red and Salt Sulphur, there is a vast Cave, called the "Singing Cave." It is a mile and a quarter in extent—its northern opening visible from the road. It is well worth the exploration.

TRANSPORTATION OF THE WATER.

The question is frequently asked: Can the Red Sulphur water be transported, and successfully used at a distance? In answer I would say, there are many instances in which, when so used, it has produced decided effect. The reader will have found an authenticated instance in the certificate of the Rev. Mr. Cowles. It is, however, only in bottles it can be transported, and then, it must be put up with the utmost care. The time is not distant when some enterprising man will probably make it a business of great profit, but at present the expenses attending it may well deter from the experiment.

DURATION OF THE SEASON.

The season of visiting the Virginia Springs has generally been considered to open, on the 1st of June, and close on the 1st of October. In those mountainous districts, the rainy season (or-

dinarily,) is April and May. In the latter month, however, the air is generally balmy, and the temperature moderate. I would not advise a southern patient to visit those waters in May and perhaps the 15th of June is as early as would be prudent; but the citizens of Pennsylvania, New York, New England, or any of the more northerly Western States, might profit by the change of climate.

In the Autumn, the period of visitation may profitably be extended to the 20th of November for, of all the seasons of the year, the period between the equinox and the 20th of November is the most delicious in those mountains. The Proprietors of the Spring would consult their own interests and the benefit of invalids by keeping their establishments open from the 1st of May until the 1st of December charging a reduced price, before, and after what may be termed the *Season Proper*. Thus, those, whose means are moderate, and who are not votaries of pleasure and fashion, might become participants of those bounties of a kind Providence.







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